

## Introduction

Obesity is increasing rapidly among South Dakota children, adolescents, and adults.

- 13.9% of 2-5 year olds from limited income families are overweight (BMI-for-age 95<sup>th</sup> percentile and above) and an additional 18.1% are at risk of being overweight (BMI-for-age 85-94<sup>th</sup> percentile BMI-for-age) (2004 SD PedNSS data)
- 16.4% of 5-19 year olds are overweight and an additional 16.6% are at risk of being overweight (2004-2005 SD School Height and Weight Report)
- 62.8% of adults are overweight with 25.5% obese (2005 SD BRFSS)



South Dakotans depend upon their personal physicians for health and nutrition information. Studies show that even short 3- to 5-minute conversations during routine visits can contribute to patient behavior change. In one study, patients who were obese and were advised by their health care professionals to lose weight were three times more likely to try than patients not advised. Research has also shown that patients who were counseled in a primary care setting about the benefits of healthy eating and physical activity lost weight, consumed less fat, and exercised more than patients who did not receive counseling. However, according to the 2003 BRFSS only 15.4% of overweight or obese SD adults reported being advised to lose weight by a healthcare professional.

South Dakota has developed a State Plan for Nutrition and Physical Activity to Prevent Obesity and Other Chronic Disease (January 2006, <http://www.healthysd.gov/StatePlan.html>). One of the goals in this plan is to increase support for physical activity and healthy eating within South Dakota healthcare systems and among health care providers in order to achieve a healthy Body Mass Index (BMI) for all South Dakotans. The purpose of this toolkit is to make it easier for South Dakota primary care providers to address the obesity epidemic with their patients. The toolkit is designed to help practitioners develop their own approach to the management of obesity. The tools may be used individually or as a collective group, based on the practitioner's preferences.

### **Additional Toolkits:**

For a hard copy or more information, contact:  
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## Thank You

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